

# Uttar Pradesh Rajarshi Tandon Open University, Prayagraj

Assignment-2019-2020

Master of Science Food and Nutrition (M.Sc. FN)

Subject : Food and Nutrition  
Course Title : Advanced Community Nutrition

Subject Code : M.Sc. FN 3.1  
Course Code : M.Sc. FN 3.1

Maximum Marks: 30
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Section – A

Maximum Marks: 18

**Note : Long Answer type Questions. Answer should be given in 800 to 1000 words.  
Answer all questions. All questions are compulsory**

Question 1. Explain the term community nutrition. What are the main factors affect the community nutrition ?

Question 2. Explain any two nutritional programmes for the community health.

Question 3. Why is community participation important in the implementation of any nutrition program? Briefly describe the theories of nutrition education.

Section – B

Maximum Marks: 12

**Note : Short Answer type Questions. Answer should be given in 200 to 300 words.  
All questions are compulsory.**

Question 1. Differentiate between marasmus and kwashiorkor.

Question 2. Discuss some strategies to improve urban sanitization.

Question 3. Write the importance of dietary survey in community.

Question 4. Write the food based strategies to combat malnutrition.

Question 5. Discuss the role of mass media as a channel for nutrition communication.

Question 6. How can we find out the maternal and infant mortality rate in community.

# Utter Pradesh Rajarshi Tandon Open University, Prayagraj

Assignment-2019-2020

Master of Science Food and Nutrition (M.Sc. FN)

Subject : Food and Nutrition

Course Title : \_Advanced Clinical and Therapeutic Nutrition

Subject Code : M.Sc. FN 3.2

Course Code : M.Sc. FN 3.2

Maximum Marks: 30
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## Section – A

Maximum Marks: 18

**Note : Long Answer type Questions. Answer should be given in 800 to 1000 words.**

**Answer all questions. All questions are compulsory.**

Question 1. Briefly explain the dietary management of coronary heart disease with special emphasis on dietary fats and carbohydrate intake in the diet.

Question 2. elaborate on the role of sodium restrictions in the management of hypertension.

Question 3. Enumerate the common diets that are prescribed in the hospital situations. Discuss the role of dietitian in patient care.

## Section – B

Maximum Marks: 12

**Note : Short Answer type Questions. Answer should be given in 200 to 300 words.**

**All questions are compulsory.**

Question 1. discuss the medical nutrition therapy for typhoid and tuberculosis.

Question 2. enlist the classification metabolic and clinical manifestations of obesity.

Question 3. Enlist the dietary recommendations for the ulcerative colitis condition.

Question 4. Write down the management goals and nutritional recommendation for chronic renal failure.

Question 5. Suggest practical eating suggestions for symptoms management of HIV and AIDS infected patients.

Question 6. Give the dietary and lifestyle management goals for constipation in adults.

**Utter Pradesh Rajarshi Tandon Open University, Prayagraj**

**Assignment-2019-2020**

**Master of Science Food and Nutrition (M.Sc. FN)**

**Subject : Food and Nutrition**

**Course Title : Dissertation part 1 (internship)**

**Subject Code : M.Sc. FN 3.3**

**Course Code : M.Sc. FN 3.3**

**Maximum Marks: 100**

Kindly contact to your consultant appointed at your study centre. Or academic main campus.

**Utter Pradesh Rajarshi Tandon Open University, Prayagraj**

**Assignment-2019-2020**

**Master of Science Food and Nutrition (M.Sc. FN)**

**Subject : Food and Nutrition**

**Course Title : lab work based on practical papers**

**Subject Code : M.Sc. FN 3.4**

**Course Code : M.Sc. FN 3.4**

Kindly contact to your consultant appointed at your study centre. Or academic main campus.

# Uttar Pradesh Rajarshi Tandon Open University, Prayagraj

Assignment-2019-2020

Master of Science Food and Nutrition (M.Sc. FN)

Subject : Food and Nutrition  
Course Title: Management of nutritional program

Subject Code : M.Sc. FN 3.5  
Course Code : M.Sc. FN 3.5

Maximum Marks: 30
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## Section – A

Maximum Marks: 18

**Note : Long Answer type Questions. Answer should be given in 800 to 1000 words.  
Answer all questions. All questions are compulsory.**

Question 1. Explain the nutritional management for healthy lifestyle. What factors affects the health of human being.

Question 2. Discuss about any two nutritional programmes run by government for the well being of community.

Question 3. Discuss about the main purpose of the nutrition programs? What is nutrition education program and how can it implement in the community.

## Section – B

Maximum Marks: 12

**Note : Short Answer type Questions. Answer should be given in 200 to 300 words.  
All questions are compulsory.**

Question 1. Nutrition management of diabetic patients.

Question 2. Why nutrition management is important for a person suffering from any disease.

Question 3. Dietary management of diabetic patients.

Question 4. Write down the dietary management of malnutrition.

Question 5. Write down the steps of Management.

Question 6. Write down the dietary management of obesity.

# Uttar Pradesh Rajarshi Tandon Open University, Prayagraj

Assignment-2019-2020

Master of Science Food and Nutrition (M.Sc. FN)

Subject : Food and Nutrition  
Course Title: Food Safety and Quality Control

Subject Code : M.Sc. FN 3.6  
Course Code : M.Sc. FN 3.6

Maximum Marks: 30
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## Section – A

Maximum Marks: 18

**Note : Long Answer type Questions. Answer should be given in 800 to 1000 words.  
Answer all questions. All questions are compulsory.**

Question .1 - What is the bacterial growth curve? Discuss all the stages of bacterial growth. What are the factors which influence the growth of bacteria. Explain briefly.

Question.2- Define food additives. Elaborate on its role in the food industry. What are the different types of additives used in food industry? Explain with examples.

Question 3-Write the significance of following in relation to food safety:

- A. Pesticide residues
- B. Heavy metals
- C. Physical hazards
- D. Chemical hazards

## Section – B

Maximum Marks: 12

**Note : Short Answer type Questions. Answer should be given in 200 to 300 words. All questions are compulsory.**

Question .4-Discuss about hygiene and sanitation in food industry.

Question .5-Discuss about the risk analysis and nutritional labelling.

Question .6- Write down the significance of fruit products order and essential commodity.

Question .7-What is PFA act? How does it ensures that the food is safe in our country?

Question .8- What are the various types of fermented foods?

Question .9-What is fermentation?

## **Utter Pradesh Rajarshi Tandon Open University, Prayagraj**

### **Assignment-2019-2020**

#### **Master of Science Food and Nutrition (M.Sc. FN)**

**Subject : Food and Nutrition**

**Course Title: Nutrition in Emergencies and Disaster**

**Subject Code : M.Sc. FN 3.7**

**Course Code : M.Sc. FN 3.7**

<b>Maximum Marks: 30</b>
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#### **Section – A**

**Maximum Marks: 18**

**Note : Long Answer type Questions. Answer should be given in 800 to 1000 words.**

**Answer all questions. All questions are compulsory.**

Question .1 -Describe the nutrition which you can provide the soldiers during the emergencies.

Question.2-Describe the food items which are full of nutrients provided during the malnutrition condition.

Question 3-What is disaster management. Describe all the steps of disaster management.

#### **Section – B**

**Maximum Marks: 12**

**Note : Short Answer type Questions. Answer should be given in 200 to 300 words. All questions are compulsory.**

Question .4-Explain the my protein and high carbohydrate diet for the soldiers.

Question .5-Explain about the diets which are provided for the sports person.

Question .6-Describe the role of packed foods during the emergency period.

Question .7-Describe some packed foods and their nutritional value.

Question .8- Write down the importance and role of non veg during emergency.

Question .9-Describe some strategies to maintain our body healthy.

## **Utter Pradesh Rajarshi Tandon Open University, Prayagraj**

### **Assignment-2019-2020**

#### **Master of Science Food and Nutrition (M.Sc. FN)**

**Subject : Food and Nutrition**  
**Course Title: Advanced Geriatric Nutrition**

**Subject Code : M.Sc. FN 3.8**  
**Course Code : M.Sc. FN 3.8**

<b>Maximum Marks: 30</b>
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#### **Section – A**

**Maximum Marks: 18**

**Note : Long Answer type Questions. Answer should be given in 800 to 1000 words.**  
**Answer all questions. All questions are compulsory.**

Question .1 -Discuss the dietary management of old age person suffering from diabetes and hypertension.

Question.2-Explain the importance of appropriate and adequate nutrition in the old age.

Question 3-Prepare a one week diet chart for the elderly suffering from psychological disorders.

#### **Section – B**

**Maximum Marks: 12**

**Note : Short Answer type Questions. Answer should be given in 200 to 300 words. All questions are compulsory.**

Question .4-Write down the protein requirement in old age.

Question .5-Briefly explain the importance of calcium and phosphorus during old age.

Question .6-Why walking as well as nutritious dietis are important during old age.

Question .7-What are the risk factors of old age.

Question .8- Explain the psychological behaviour of old age person.

Question .9-Explain the need and importance of of elderly in our family life.

## FORTH SEMESTER

**Utter Pradesh Rajarshi Tandon Open University, Prayagraj**

**Assignment-2019-2020**

**Master of Science Food and Nutrition (M.Sc. FN)**

**Subject : Food and Nutrition**

**Course Title: Research Methods and Biostatistics**

**Subject Code : M.Sc. FN 4.1**

**Course Code : M.Sc. FN 4.1**

**Maximum Marks: 30**

**Section – A**

**Maximum Marks: 18**

**Note : Long Answer type Questions. Answer should be given in 800 to 1000 words.**

**Answer all questions. All questions are compulsory.**

Question .1 -Differentiate between the following research methods with appropriate examples.

A. journal and records

B. Interview and observation

Question.2- find out the product moment correlation for the below two variables at 0.05 level of significance.

Dietetics: 40, 35,32, 21,43, 22

Biostatistics: 42,34, 29,15, 45,16

Question 3. Develop a research proposal with the following points.



- A. Title of the research study
- B. Research objectives
- C. Sample and sampling techniques
- D. Research methods
- E. Research tools
- F. Methods of data collection

**Section – B**

**Maximum Marks: 12**

**Note : Short Answer type Questions. Answer should be given in 200 to 300 words. All questions are compulsory.**

Question .4-Write short note on Quasi experimental design.

Question .5. Write short note on parametric test and sampling techniques.

Question .6-Explain briefly the reliability of tool and nominal scale.

Question .7-Write down about the variables, sample frame and quantity data.

Question .8- Write down about the hypothesis and sample population.

Question .9-Write down the significance of research methodology and Bio statistics in M.Sc.course work.

**Utter Pradesh Rajarshi Tandon Open University, Prayagraj**

**Assignment-2019-2020**

**Master of Science Food and Nutrition (M.Sc. FN)**

**Subject : Food and Nutrition**

**Course Title: Dissertation**

**Subject Code : M.Sc. FN 4.2**

**Course Code : M.Sc. FN 4.2**

**Maximum Marks: 100**

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**Utter Pradesh Rajarshi Tandon Open University, Prayagraj**

**Assignment-2019-2020**

**Master of Science Food and Nutrition (M.Sc. FN)**

**Subject : Food and Nutrition**

**Course Title: Dietetic Techniques and Patient Counselling**

**Subject Code : M.Sc. FN 4.3**

**Course Code : M.Sc. FN 4.3**

**Maximum Marks: 30**

**Section – A**

**Maximum Marks: 18**

**Note : Long Answer type Questions. Answer should be given in 800 to 1000 words.**

**Answer all questions. All questions are compulsory.**

Question .1 -Discuss the role of nutrition and diet counselling in the patient care. As a dietitian briefly discuss the plan you would adopt for diagnosis treatment and prevention of adverse food reactions.

Question.2-What are the skills required by a personal manager employed in a dietetic establishment. Why patient counselling is as important as a treatment?

Question 3-Discuss the methodology merits and limitations of the 24 hour dietary recall method of a family diet survey.

### **Section – B**

**Maximum Marks: 12**

**Note : Short Answer type Questions. Answer should be given in 200 to 300 words. All questions are compulsory.**

Question .4-Briefly explain the importance of food exchange method for diet management.

Question .5-Enlist the types of diet prescriptions to meet the therapeutic needs. Give examples.

Question .6-Provide guidelines for diet counselling prevention and control of gout.

Question .7-List the various theories relevant to the dietary counselling.

Question .8- Write down the Glycemic index of foods.

Question .9-Dietary interventions for a child having lactose intolerance.

**Utter Pradesh Rajarshi Tandon Open University, Prayagraj**

**Assignment-2019-2020**

**Master of Science Food and Nutrition (M.Sc. FN)**

**Subject : Food and Nutrition**  
**Course Title: Lab work (Practicals)**

**Subject Code : M.Sc. FN 4.4**  
**Course Code : M.Sc. FN 4.4**

Kindly contact to your consultant appointed at your study centre. Or academic main campus.

**Utter Pradesh Rajarshi Tandon Open University, Prayagraj**  
**Assignment-2019-2020**

**Master of Science Food and Nutrition (M.Sc. FN)**

**Subject : Food and Nutrition**  
**Course Title: Nutritional Management in Health and Diseases**

**Subject Code : M.Sc. FN 4.5**  
**Course Code : M.Sc. FN 4.5**

<b>Maximum Marks: 30</b>
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**Section – A**

**Maximum Marks: 18**

**Note : Long Answer type Questions. Answer should be given in 800 to 1000 words.**

**Answer all questions. All questions are compulsory.**

Question .1 -Give the nutritional guidelines you would advocate to develop good eating habits and good health among older school children and adolescents. The nutrient requirement for adults are influenced by age, sex and activity level. Justify the statement by giving appropriate examples.

Question.2-Give the nutritional management goals and dietary recommendation for a patient suffering from hepatic coma. What is gluten free diet ? For which disease condition would you advocate this diet.

Question 3-Give the classification and etiology of diabetes. Discuss the relevance of the food exchange system in the dietary management of diabetes.

**Section – B**

**Maximum Marks: 12**

**Note : Short Answer type Questions. Answer should be given in 200 to 300 words. All questions are compulsory.**

Question .4-Enlist the foods you would include and restrict in the diet of patients suffering from Maple Syrup Urine Disease.

Question .5-List the foods you would include and restrict in the diet of patient suffering from chronic kidney disease.

Question .6-Give the dietary management of a patient suffering from typhoid.

Question .7-Write down the diary management of of a patient suffering from high blood pressure.

Question .8- What is ulcerative colitis? Enlist the dietary recommendations for this condition.

Question .9-Write down the role of antioxidants in Cancer prevention.

## **Utter Pradesh Rajarshi Tandon Open University, Prayagraj**

### **Assignment-2019-2020**

#### **Master of Science Food and Nutrition (M.Sc. FN)**

**Subject : Food and Nutrition**

**Course Title: Early Childhood Care and Education**

**Subject Code : M.Sc. FN 4.6**

**Course Code : M.Sc. FN 4.6**

<b>Maximum Marks: 30</b>
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#### **Section – A**

**Maximum Marks: 18**

**Note : Long Answer type Questions. Answer should be given in 800 to 1000 words.**

**Answer all questions. All questions are compulsory.**

Question .1 -Explain the early childhood care and education and its purpose to provide such education to the students.

Question.2-Describe the behavioural problems of early childhood. What are the steps we considered for the short out the behavioural problems of early childhood.

Question 3-Describe the nutritional needs of the early childhood. Which nutrients are played an important role in growth and development of children under 5 years.

#### **Section – B**

**Maximum Marks: 12**

**Note : Short Answer type Questions. Answer should be given in 200 to 300 words. All questions are compulsory.**

Question .4-Enlist 5 government programs run for the welfare of children.

Question .5-What is early childhood education and how can we improve the attendance of children in school.

Question .6-Write about the aim of ICDS programme.

Question .7-Write about the mid day meal program.

Question .8- Describe the role and importance of Anganbadi karykarta.

Question .9-Describe the role and importance of play during the developmental stage of children.

## **Uttar Pradesh Rajarshi Tandon Open University, Prayagraj**

### **Assignment-2019-2020**

#### **Master of Science Food and Nutrition (M.Sc. FN)**

**Subject : Food and Nutrition**  
**Course Title: Kitchen Gardening**

**Subject Code : M.Sc. FN 4.7**  
**Course Code : M.Sc. FN 4.7**

<b>Maximum Marks: 30</b>
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#### **Section – A**

**Maximum Marks: 18**

**Note : Long Answer type Questions. Answer should be given in 800 to 1000 words.**

**Answer all questions. All questions are compulsory.**

Question .1 -write an essay on the importance of kitchen garden in our houses.

Question.2-What points you would keep in mind during the making kitchen garden in your house. Which type of vegetables would you like to grow in your kitchen garden.

Question 3- Discuss the importance of a menu and menu planning in food service organisations. Present a review on the recent trends in establishment of a kitchen garden. Comment on the factors which affect the development.

#### **Section – B**

**Maximum Marks: 12**

**Note : Short Answer type Questions. Answer should be given in 200 to 300 words. All questions are compulsory.**

Question .4-Write down the profit and loss of the the kitchen garden.

Question .5- Write down the effect of pollution on our health.

Question .6-Prepare a layout of a kitchen garden.

Question .7-Differentiate between the fresh vegetables and fruits, and packed vegetables and fruits.

Question .8- Explain briefly the varieties of vegetables and fruits which can easily grow in our garden.

Question .9-Explain the importance of nutritive food in our diet.

## **Uttar Pradesh Rajarshi Tandon Open University, Prayagraj**

### **Assignment-2019-2020**

#### **Master of Science Food and Nutrition (M.Sc. FN)**

**Subject : Food and Nutrition**

**Course Title: Institutional Food Administration**

**Subject Code : M.Sc. FN 4.8**

**Course Code : M.Sc. FN 4.8**

<b>Maximum Marks: 30</b>
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#### **Section – A**

**Maximum Marks: 18**

**Note : Long Answer type Questions. Answer should be given in 800 to 1000 words.**

**Answer all questions. All questions are compulsory.**

Question .1 -What is a cycle menu. Enlist the characteristics of a good cycle menu. What are the basic factors would you keep in mind while planning a menu for a multi speciality hospital?

Question.2-Enumerate the different step types of equipments used in a large scale cooking. Explain with example. Present a schematic representation of purchasing activity in hospital dietetic department.

Question 3-Discuss the various kinds of cleaning and sanitizing agents you would use to maintain plant cleanliness and sanitation in your food service unit.

#### **Section – B**

**Maximum Marks: 12**

**Note : Short Answer type Questions. Answer should be given in 200 to 300 words. All questions are compulsory.**

Question .4-Explain the briefly motion economy in context of design and layout of workplace.

Question .5-Write short note on the communication is the key of effective leadership.

Question .6-What are the different types of cooking methods used in quantity cooking? Explain briefly.

Question .7-List the various records necessary for a catering unit.

Question .8- Briefly explain the merchandising skills of entrepreneur in the catering venture.

Question .9-Write down the components of a food service system model.